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## Catdala Coloring Book (Paperback)

By Lauren Darr

Left Paw Press, LLC, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Gain clarity, focus, and peace coloring CatDalas - over 50 Cat mandalas mantras/affirmations included. Mandalas are a form of therapy used by thousands worldwide. People seeking to calm their thoughts and increase their productivity focus on coloring mandalas every day. Now, anyone with a love of cats and a desire for clarity, have a source for those reflections in the CatDala Coloring Book. Unlock your creativity with the more than fifty CatDala designs included in the CatDala Coloring Book. Also included are over fifty mantras (also called affirmations) for meditation during the coloring process. Choose your medium, choose the CatDala to color, and enjoy. Turn your thoughts inward. Each of the designs were created for cat people and pet lovers to focus on coloring to relieve stress, increase the positive energy in their lives, and have fun in the process! Lauren Darr has been plumb pet crazy since childhood. She immerses herself in creating through writing and art. Lauren has found that including creative habits in life is beneficial to health while feeding the soul. Advantages of coloring: Many promising studies...



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